

SPOKE

Conestoga College, Kitchener

October 22, 2001

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Islam means peace, not war

By Sanja Glibota

He pushed the newspaper away in disbelief.

But the eyes of Pakistani pro-Taliban supporters kept staring back at him from the front page.

Those eyes that were so much like his own, yet completely strange filled with hatred and madness — something Rahim Bhatia doesn't understand.

A second-year microcomputers administration student at Conestoga College, Rahim and his family found a new home in Canada after they fled the lunacy of the civil war in Pakistan more than seven years ago.

Rahim's family doesn't belong to any extremist or terrorist organization. They are just Muslims who want to live in peace and keep their faith growing. Their religion, Islam, doesn't call for destruction and death.

But now all the horrifying memories Rahim and his family tried to erase for almost eight years keep coming back. They are haunting Rahim and becoming more and more vivid with every passing day, with every fresh front page.

And the ritual of careening back and forward from the cruel reality to denial is a daily part of Rahim's life.

Yesterday he pushed away another newspaper after reading the words of Sulaiman Abu Ghaith, Osama bin Laden's spokesman.

The article read, "Jihad or holy war is a duty of every Muslim. Thousands of young people are looking toward death as much as Americans are looking toward life."

But Rahim refuses to believe



Rahim Bhatia, a second-year microcomputers administration student who was born in Pakistan, keeps abreast of the news.

(Photo by Sanja Glibota)

those words. He knows holy war is not the right name for the madness.

"I don't believe a single word. The word Islam means peace," Rahim said in one breath and then continued, "This is not a holy war. Islam doesn't preach killing. There is nothing holy in that."

Then he paused, as though waiting in hope the echo of his words will reach those mad eyes on the front page in front of him.

Rahim will not let their hate infect his heart. He is strong in his faith. His heart is filled with compassion for children crying for their dead parents and for all the innocent civilians who suffer. He is a Muslim. He understands what Islam is all about.

And regardless if they are coming

from the American or Afghanistan side, images of destruction and death bring the same pain into Rahim's heart.

"I was crushed for the whole day after I heard about the lives that vanished after the attacks on the U.S. on Sept. 11," he said.

He agonizes now, thinking of his brother Muslims in danger. He shares the pain of his family and friends in Pakistan. Their fear is his too.

But Rahim doesn't choose the sides. He chooses the faith.

Slowly, he finds the words to express his fillings. "It is just not fair toward civilians."

Rahim knows that a crowd chanting anti-American slogans on the streets of Pakistan and attacking

symbols of authority in their own country is far away from what his religion preaches. His religion is somewhere far away in the land of peace, in the hearts of Muslims who have more respect for Islam than to use it in the same sentence with the word war.

Rahim doesn't blame anyone. He is above all the hate that's spreading on both sides and his faith in Allah is stronger than the madness.

"Americans had to answer," he said simply. "But they should go against the terrorists, not the whole country. Most of us are against the terrorism too. We're just Muslims. Our goal is peace."

But his words echo as a cry in the desert enveloped in the darkness of night.

More than 5,000 civilians died in the attack in the U.S., many will die in Afghanistan and there is no light on the other side of the dark tunnel. FBI recently sent a warning that there might be more terrorist attacks inside and outside the U.S.

There seems to be no end to the madness.

But Rahim will keep searching for the light.

For now, he is going into another day in fear of what the new headlines and front-page pictures will bring. But he is not afraid the madness is going to poison his faith. He'll push the newspapers away and close his eyes in disbelief.

Rahim's faith is stronger than the eyes of hatred piercing his closed eyelids from the front page.

He knows Islam doesn't preach killing. Islam means peace.

Conestoga expansion going strong

By Stacey McCarthy

Continuing and future construction on Doon campus was the focus of college council's second meeting of the school year Oct. 15.

David Putt of Conestoga's physical resources department gave council a presentation on both the Superbuild contract and the residence addition.

The three-level building sprouting up will boast an additional 39 classrooms, nine meeting and group rooms, and five faculty rooms. It will be located next to the business wing on Doon campus.

"And yes," Putt told council members, "everyone will be happy to know that every floor will have bathrooms."

While construction has so far been slow, Putt told council that once the foundation has been laid,

progress will be quicker.

"We actually had to cut into the existing hill to accommodate the ground floor. It's a big job."

The new building will be connected to the existing C wing and will contain a hospital-sized elevator, an amphitheatre seating more than 150 students and a food service area similar to the existing Dooners.

The building will incorporate a glass wall facing the forest and main road, which will allow more natural light, said Putt.

There are plans for an interior balcony on the third floor and the possible addition of a park area next to the pond on the main floor.

In regards to the residence construction project, Putt said that it's "essentially 100 per cent complete."

"We've cleaned up the phone and security problems," he said. "It (the

building) is finished, open and people are sleeping in it."

Further updates on phase three of the residence expansion will be provided at a later date. Phase three will involve the addition of another 90 beds. Conestoga's physical resources department is still waiting on cost estimates and details for the project.

Sherri Tryon also gave a brief presentation at the meeting about the progress of Job Connect.

Job Connect is an employment service that is funded by the Ministry of Education and Training. It is aimed at helping youth obtain sustainable employment while bridging the gap between employees and employers.

The service helps employers by recruiting and training youth suited to positions they need filled.

Through Job Connect, youth are provided with resume and inter-

view skills as well as access to computers. It works to help youth between the ages of 16 and 24 overcome employment barriers they might be encountering.

Offered in more than 80 communities across Ontario, the program currently has a 60 per cent effectiveness rate in creating sustainable employment.

When contacted by follow-up calls, 70 per cent of student participants noted improved employability skills through the program. Employers reported a 95 per cent satisfaction rate regarding the service.

Job Connect opportunities are available in Cambridge, Guelph, Fergus, Kitchener, Elmira, New Hamburg and Stratford.

Students interested in learning more about the program can visit the Job Connect Web site at www.jobconnect.edu.gov.on.ca.

Two Conestoga students share \$1,000

Material management students are ahead of the game after receiving certificates

By Nicole Childs

Perian Snider and Daniel Wieland, both third-year materials management students at Conestoga, are the recipients of a \$1,000 scholarship from the Purchasing Management Association of Canada.

The scholarship is given out each year to a student in the materials management and principals of buying courses who is a member of the Purchasing Management Association of Canada (PMAC) and has the highest mark.

The Central Ontario district of PMAC gives out the award.

This year two students met the requirements and will both share the \$1,000 scholarship.

Snider said after winning, "It is an honour to win this, we are both very honoured and surprised."

Snider and Wieland are both happy to have this affiliation because it looks great on a resume.

Snider is a member of the Central Ontario district of PMAC while Wieland is a member of the Greater Wellington district.

Marc Linder, president of the association, and Cathy Gorringer, membership executive, presented the scholarships to Snider and Wieland. Linder said, "We like to recognize the students that achieve the highest mark and show willingness and dedication to the program."

Linder and Gorringer gave out cer-



Perian Snider and Daniel Wieland (centre), third-year materials management students, are the recipients of a \$1,000 scholarship from the Purchasing Management Association of Canada. The award was presented by Cathy Gorringer and Marc Linder of PMAC.

(Photo by Nicole Childs)

tificates to other students for completion of the principals of buying course.

Before presenting the certificates Linder said, "When I look at you I look at the future, what you all represent is the future of mate-

rials management."

The certificates represent one of the steps required for the Certified Professional Purchasing designation.

Students who received the certificates require three more principal

courses to obtain the designation: Principles of Quality, Principles of Transportation and Logistics and Principles of Inventory and Operations Control.

Having the designation gives a person a more competitive edge,

more credibility and a higher income.

More employers and recruiters are looking for candidates who hold the designation as it shows they are skilled and accredited professionals.

Creepy crawlers kept under control

By Tori Sutton

As it grows colder outside, spiders, insects and field mice are moving indoors in order to find a winter home. However, the chances of finding them inside Conestoga College are slim.

Although pest control is not a severe problem at the college, Kitchener's Safeway Pest Control inspects buildings monthly to ensure there are no bugs or rodents. As well, college housekeeping staff cleans insects and spider webs from windows and ceilings.

There is an emphasis placed on keeping food service areas, washrooms and the daycare centre bug-free. Areas with past problems are also targeted.

"I don't believe we have a severe problem. The company we have does a good job."

Barry Milner,
manager of physical
resources

Despite efforts to keep Conestoga pest free, the change in weather brings insects seeking warmth into the buildings said Barry Milner, manager of physical resources at the college.

"I don't believe we have a severe problem," he said. "The company we have does a good job."



Spiders have been found in some fourth floor classrooms.

(Internet photo)

Milner, who has been working at the college since 1988, said he does not recall any instances involving cockroaches or rats.

However, in the fall cluster flies are a problem. The flies enter the building through open doors, window or any crevice they can find.

Occasionally field mice run into buildings through open doors, but emergency calls are usually placed to ensure a quick removal from the college.

Students and faculty can help keep the building pest free by keeping doors and windows closed. Those working at the college at night are encouraged to keep unnecessary lights off, as bugs are attracted to lit rooms.

Anyone with concerns regarding pest control can contact the physical resources office.

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Poor man's nuclear bomb scares the nation

Many don't know what anthrax is, how it works and where it's found

By Tannis Wade

Gas masks, vaccinations and antibiotics are being sought by millions of people in light of the growing threat of anthrax.

People all over Canada and the United States are panicking at the possibility of an anthrax scare and how it relates to the terrorist attacks of Sept. 11. What they don't fully understand is what anthrax is and how it works.

According to a Kitchener Record question and answer section published Oct. 13, bacteria called *bacillus anthracis* cause anthrax.

It is most predominant in cattle and other animals that chew cud. The organisms live in soil and can survive in those conditions for quite some time.

According to an Oct. 13 Record article, anthrax comes in three forms in humans; skin anthrax, intestinal anthrax and inhaled anthrax.

The most common is the skin anthrax which occurs when the bacteria gets into your system from a cut or sore on your skin or just by contact to the skin.

It produces an odd-looking skin lesion. This form of anthrax is rarely fatal and can be treated fairly easily.

Intestinal anthrax is the least common form. It is very severe and often fatal for those who contract it. If you eat an animal that had anthrax you have the possibility of getting it as well.

Farmers who have animals die of anthrax are obligated to report it to Agriculture Canada.

They then come and investigate the severity of the situation and often vaccinate the rest of the herd.

This is usually a really effective method of controlling the disease, but like everything else, there are exceptions.

The only tip for preventing this from happening is to make sure

your meat is cooked well and is from a reputable company.

The third form of anthrax, and the method used in biological warfare, is inhalation of the spores. This form occurs rarely but is deadly.

However, it does take a significant amount of spores to give someone anthrax.

According to the Record story, researchers say that you have to inhale 2,500 to 50,000 spores to contract the infection.

This is hard to do because it is very difficult to spread that many spores in one place.

Early symptoms include headache, nausea, vomiting, and chest and stomach pains. Because these symptoms are so similar to the flu, anthrax is often misdiagnosed.

If discovered early, anthrax is treatable using antibiotics. Common drugs used are penicillin and ciprofloxacin hydrochloride (Cipro).

Once the bacteria releases toxins into the bloodstream the antibiotics are ineffective. The cause of death is often pneumonia or a severe and sudden drop in blood pressure from internal bleeding.

Reports in the Toronto Sun on Oct. 14 said anthrax is used as a weapon because the materials to make it are inexpensive and easily accessible.

The bacteria are capable of multiplying and can be stored for long periods of time. Several countries have studied the use of anthrax and may have stockpiles of the bacteria because it is so easy to produce in large quantities.

As of Oct. 19 there were six confirmed cases of infection and more than thirty cases of exposure including ones in Florida, New York and Nevada.

Ontario Health Minister Tony Clement has ordered officials to stock up on antibiotics and vaccines that could help in the instance

of a chemical or biological outbreak.

Canada Customs officers all over the country are taking more precautions when it comes to mail that is entering Canada.

Letters and packages will be X-rayed, checked over by scent dogs and inspectors.

To date, there have been no incidents of anthrax reported anywhere in Canada but concern is still mounting as the number of cases in the U.S. increases.

According to the Record article, officials say there is no need to rush out and purchase gas masks, as they are only effective if used properly and fit perfectly.

A Toronto fire department communications officer told the Toronto Sun that people are overreacting after being called to investigate one of the many anthrax scares in the region.

"They see powder of any kind and they panic," he said.

Know your rights when renting

Tenant Protection Act is worth reading

By Denis Langlois

Living on your own for the first time can be a challenge for anyone. But when you are uneducated about your rights, it can become increasingly difficult and expensive. When dealing with a landlord, tenants have many rights that protect them from continuous rent increases, evictions and paying for repairs.

The Tenant Protection Act came into effect on June 17, 1998, lists many rights landlords and tenants have and information on what is acceptable and not acceptable about the landlord/tenant relationship.

The act is quite lengthy and many tenants do not take the time to educate themselves. There are numerous areas tenants should be aware of when dealing with their landlord.

The Tenant Protection Act states a landlord cannot raise the rent until 12 months after the tenant moves in.

After the first 12 months, rent can only be increased once a year by the rent control guideline.

Eviction is another aspect of the act that is often overlooked. Landlords do have the right to evict a tenant if the reason meets that of the act guidelines.

For example, if the landlord requires the unit for their own use or if they wish to convert it into a condominium the act

states an eviction is acceptable. Also there are actions the tenant is responsible for that may warrant an eviction. An illegal act, damage to the unit, overcrowding or a non-payment of rent are all outlined in the act as reasons for eviction.

The landlord can serve you with a notice of early termination, which gives the tenant 14 days to pay the rent required.

The act also states the landlord is responsible for repairs and maintenance to the unit as long as damage was not made by the tenant.

There are many other rights tenants have when living in an apartment.

It is important to educate yourself on what your rights are. For more information on the Tenant Protection Act, you can go to www.orht.gov.on.ca.

Landlords also have rights when renting out an apartment to an individual.

For example, the act states the tenant must give the landlord 60 days notice before moving out. If a tenant breaks a lease, they must provide the landlord with a new tenant to finish the agreement.

Your lease agreement gives details about what you can or cannot do.

Knowing your rights as a tenant and the rights of your landlord can help make the tenant/landlord relationship a lot easier and more professional. It can also save you many headaches and many dollars.

College offers emotional counselling

By Sarah McGoldrick

Often students feel the pressures of life weighing heavily on their shoulders, with heavy course loads and responsibilities outside school.

Student services is offering emotional counselling for students who are finding it hard to cope or who just want to talk to someone.

"Everybody goes through it differently. If someone is in the sad stage, they may focus on losses. It is hard to talk."

Carol Gregory, student services counsellor

Counsellor Carol Gregory said it often takes awhile for students to go to a counsellor because they are confused or embarrassed.

Gregory added that people could feel secondary trauma such as the case with the tragedy in New York City, where people were not necessarily affected directly.

"Events like New York can resurrect feelings of insecurity," Gregory said.

After the tragedy occurred, the counselling service offered a session for those who needed to talk called Response to Terror.

"I was watching TV in the Sanctuary and I watched the students' reactions.

It is important to get it out that this is trauma and we can talk it through," she added.

Gregory said many students felt a wide range of emotions including sadness, hopelessness, anger and fear.

"Everybody goes through it differently. If someone is in the sad stage, they may focus on losses. It's hard to talk," Gregory said.

She added that people who come for counselling when they need it tend to make some "really good" changes in their lives both inter-

nally and externally.

"There are sometimes huge obstacles to overcome and they do it," she said.

Gregory said students should not hesitate to talk to a counsellor. "It's perfectly OK to come in. The student can decide how much they want to disclose. Most students will say it was a whole lot easier than they thought."

Students can make appointments with student services and upon attending, can fill out a form, which asks basic demographic information.

"Walking through the door is a very courageous act," Gregory said, adding everything is kept confidential and information provided is voluntary.

Of the students who use the counselling services at the school, approximately 50 per cent are there for emotional counselling.

She added students do come to use the service for career counselling, such as when a student is unsure of the career path they have chosen.

The service also offers referrals to the community such as in cases of addiction.

Gregory said that November and December are the counsellors busiest months in the school year.

All counsellors at Student Services have a master's level in education counselling or social work.



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Toxic waste a time bomb

Canada and its neighbour south of the border should unite to resolve the terrorism problems, but they should also jointly work on reducing toxic waste and avoiding another catastrophe.

Hazardous waste is a bombshell waiting to go off.

According to a report by the Ontario Ministry of the Environment, Ontario's hazardous waste management is highly effective, yet the amount of toxic waste in Ontario increased by 135 per cent between 1994 and 1998. Exports rose only 66 per cent.

Ontario annually exports about 130,000 tonnes of hazardous waste to the U.S.

In 1993, Ontario buried 56,000 tonnes of U.S. toxic waste, according to a CBC report. Most of it went into a landfill site near Sarnia. The figures rose to 288,000 tonnes in 1998.

The increase was a result of tougher laws on disposing toxic waste in the U.S. after the disaster in Love Canal caused by dumping chemical waste in the Love Canal in New York.

Most of the toxic waste in the U.S. has to go through an expensive pretreatment to be disposed. The U.S. found a cheaper solution in transporting more of its toxic waste to Canada.

In September 1999, the province announced a six-point action plan to strengthen its hazardous waste regulation to be comparable to the U.S. rules.

In February 2000, the Ontario Ministry of the Environment announced changes, which would make the standards the toughest in the province's history.

Other provinces within Canada also must deal with the problem.

After the U.S. closed its borders to polychlorinated biphenyl or PCB in 1997, the toxic linked to cancer was shipped from American military bases in foreign countries to different parts of Canada.

According to the Calgary Sun, the American company Trans-Cycle Industries shipped 81 tonnes of PBS-contaminated waste from the military base in Japan to Canada in 1997.

Dr. Jules Blais of Vancouver, B.C., discovered the snowcaps from the Rocky Mountains had a large concentration of PBS.

More than 200 truckloads of U.S. toxic waste were being treated in Alberta last year.

By toughening the laws on hazardous waste management and passing the bomb across the border, both the U.S. and Canada only scratch the surface of the issue.

Instead, they must resolve the problem at its roots for the damage is equal on one or the other side of the border. The only question is who is going to be affected by the contamination first.

According to Leak Location Service Inc., 82 per cent of surveyed landfills in the U.S. had leaks in March 2000.

Eventually, even the best-built landfills will fail due to natural deterioration. The containment of air and water will inevitably follow.

Instead of seeking better ways to dispose of the waste, the goal should be to reduce it.

But it is not impossible. It will involve radical changes in the way people and government of both countries think and act.

It requires the combination of promotion and education of the public on environmental issues, tougher bylaws on producing the toxic waste and higher fines to the industries that don't comply with the new bylaws.

Bovar Inc.'s Swan Hill Treatment Centre in Alberta paid Alberta's highest fine of \$625,000 in 1996 for an airborne leak. The company stayed in operation and burned 3,000 to 5,00 tonnes of toxic waste last year.

The example proved handling toxic waste is a profitable business and the fine wasn't high enough.

However, after the terrorist attacks, the U.S. and Canada should have learned the lesson that priorities change when tragedy occurs.

But if the countries wait for another tragedy to learn this lesson, it will be too late.

MOM!
I'M GOING TO
SCHOOL NOW!!!



KIDS ARE FACING MORE AND MORE VIOLENCE
IN AREA HIGH SCHOOLS

Is being polite that hard?

Perhaps all those people who say young people today have no manners are right after all.

After spending years defending people my age and younger, a recent incident forced me to stop and consider my stand.

Maybe I should listen to the other side.

Maybe I've already started to cross over to that other side? I don't really want to think about that right now, though.

The point of contention is an incident that happened to me a short while ago at a local Taco Bell.

I have never been so offended in a restaurant before, and in retrospect, I should have walked out of the place after demanding my money back.

I know what you're thinking, but I had a craving. I don't know, maybe I'm pregnant...

Anyway, I'm sure that working in fast food can be stressful when the crowds are big, the lines are long and everybody wants their food yesterday.

Remember, it's not fast food. It's



Paul
Kostal

good food quickly.

But I was treated like a burning sack of dog excrement by an employee when I was the only person standing in line, besides my girlfriend, and being quite polite if I do say so myself.

Sometimes I can be a bit of a pill, but I swear, I was good on this day.

This employee, I'll call her Heather, took our orders, and then my money.

The food was delivered on the tray one drink short, so I asked "Heather, 'Can I have the other cup...?'"

"You only ordered one drink," she told me matter-of-factly.

"No, I ordered two," I answered her.

"You ordered a Fries Supreme," she again told me.

"No," I said, losing my patience. "I ordered a fries and a drink, not a Fries Supreme."

And again, she told me I ordered a Fries Supreme, which is absurd, because I can't stand Fries Supreme so there is no way on God's green earth that I would ever order them.

By now the unordered Fries Supreme was being put on my tray by the rather helpful kitchen staff.

"I didn't order these," I told her.

To which, "Heather" responded with a curt, "Yes you did."

By now, the shift manager, he must have been at least 18, took "Heather" away and refunded me the difference from the cash register. He also was quite pleasant.

Now, we were almost done, but in the confusion, the kitchen personnel had forgotten to put the order of regular fries on the tray, so I asked, "Could I have the fries, please?"

And my new best friend, "Heather," yelled back from the kitchen, "Oh what's the problem now!?"

I had certainly had enough at this point and told her, "I didn't get what I ordered."

After taking the tray to our table I called the shift manager over and asked for "Heather's" name and how I could get in touch with the franchise owner.

I've yet to hear back from him.

I have never been so offended in a restaurant before, and in retrospect, I should have walked out of the place after demanding my money back.

Common decency should come as part of the extra value meal.

SPOKE

Keeping Conestoga College connected

SPOKE is published and produced weekly by the journalism students of Conestoga College.

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Nationalgeographic.com worth the trip

Web site is entertaining, educational and better than the magazine

This column appears weekly and focuses on fun and interesting Web sites of interest to the students and staff at Conestoga College.

If you love legged Jamaican sea cows or large-eyed tarsiers, then www.nationalgeographic.com is the Web site for you. If you're asking yourself, "What the heck is a legged Jamaican sea cow?" then you should definitely make your way to this entertaining and education site.

Nationalgeographic.com offers all the exciting pictures and information found in the magazine with an easy-to-use format and interactive tools.

I loved searching through the virtual rainforest and finding pictures and information on animals such as the flying fox bat, Wallace's flying frog — named after Victorian naturalist Alfred Russel Wallace, and the bearded pig.

Nationalgeographic.com has a large news area that breaks down into sub-groups like archaeology



and paleontology, animals and nature, as well as science and technology. In these areas you can learn about the now infamous legged Jamaican sea cow, what it's like to be a tornado chaser or what health risks you face if ever given the chance to visit Mars.

The travel section of the Web site is exceptional.

You can use National Geographic's trip finder to "book an adventure" or embark on a National Geographic expedition by traveling "in the wake of Lewis and Clark aboard the M.V. Bird."

Another cool feature in this area is the in-depth travel information on "top travel destinations in the U.S. and Canada."

Nationalgeographic.com also offers travel-size information

books with photos, maps and "authoritative guidance" on popular travel destinations such as Spain and Thailand.

The adventure and exploration section on the Web site has many fun and interactive activities.

You can watch a narrated slide show on explorer Michael Fay's trek through the Congo River basin or "test your mettle" on a sailing simulator.

The map area is pretty self-explanatory. You can look at street-level maps of U.S. cities such as lower Manhattan or Arlington, Tex. or peruse a map of the Caspian Sea or Afghanistan.

For those astronomy lovers out there, check out the NASA images of Mars that "combine to create the sharpest view yet."

Nationalgeographic.com also is set up to appeal to teachers, parents and even small children.

For teachers, the Web site offers printable maps, a list of local geography alliances and a "spellbind-

ing, hands-on virtual museum."

There is also a teacher's store where you can buy books, multimedia teaching kits and videos.

For parents, National Geographic has an area designed for "safe surfing" for your children. Kids can explore the world of wolves, learn Siberian culture or find out how a dam works.

There is also an area that shows kids how the world has recovered from disasters like fires, earthquakes and floods.

This area may be of special interest after the sights and sounds kids are getting from TV recently.

A family trip finder suggests areas to explore such as digging for dinosaurs in Colorado or camping in the Canadian Rockies.

The kid's section is also fun — even for a 24-year-old like me.

In this section kids can learn "amazing facts" like why clouds float or animal trivia.

Do you know how many different kinds of kangaroos there are?

The amazing facts section is interesting too. I learned that Dr. Charles J. Arntzen is trying to grow vaccines in bananas and other fruits so we can avoid those pesky needles we all dread.

Unfortunately I can only begin to touch on the interesting and fun areas you can find at nationalgeographic.com.

While researching this Web site I had three computers going at one time trying to find my way through every nook and cranny of this site.

The vibrant pictures of fuzzy creatures and far-off people only add to the overall appeal of the site.

Even if you don't like the National Geographic magazine, I guarantee that you will find something of value or interest at nationalgeographic.com.

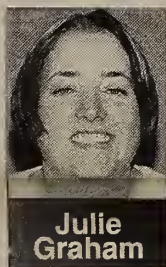
If you know of any fun or interesting Web sites you can e-mail me at king_koala@yahoo.ca and your suggestion may appear in a future column.

'Free' concert tickets lead to fitness club insults

There are times when you know you can see someone's mouth moving but you can't believe the words that are coming out. I had one of these experiences recently.

In last week's Spoke, I reviewed the Big Wreck concert I attended at the Lyric Night Club. What I didn't write about, was how in line before the concert, I reluctantly filled out a contest ballot from a local fitness club. I was reluctant because I knew I would win regardless of how many people entered.

Sure enough, three days later I won. With my reluctance in full swing, I went to the fitness club since I was told I had won tickets to any concert I wanted to see at the Lyric. I knew I was going to be harassed into signing up for a membership at the centre, but nevertheless, I was determined to



get my tickets and run. After waiting for a half hour at the gym, a guy we'll call "Joe" offered me a tour. "Just get it over with," I said to myself. During the tour, Joe asked me what my fitness goals were. I had to laugh. "Actually Joe, I'm only interested in the free concert tickets." (Hey, honesty rocks!) Joe said he knew nothing about the tickets and continued to lead me through the elub. I had been there for almost an hour and had heard nothing about my tickets.

Eventually another guy we'll call "Mike" approached me and told me I couldn't receive the

tickets unless I signed up for a 30-day free membership. I know that free membership would somehow translate into paying \$200 to \$300 for a regular membership and by signing my name to anything, I would have to pay insane amounts of money for initiation fees, locker fees, sweat fees, walking-down-the-hall-fees, etc! I was having nothing to do with it. I've had bad experiences in the past with memberships at fitness clubs.

Shaking his head, Mike asked, "Julie, why aren't you motivated?" To which I responded, "Well Mike, I am a student, I haven't worked in a month so I don't have the money, I smoke almost a pack a day and I don't want to work out." (There's that honesty again!)

After Mike blabbed on for nearly 10 minutes, I faded him out. It's not that my attention span went down the toilet after the fourth time he told me about my unhealthy lifestyle, but because there was an alarm sounding with a man's voice saying, "Attention. This is a fire alarm. We are investigating. Be prepared to evacuate the building."

Wanting out of there, I was snapped back into reality when he said, and pay attention because this is the good part, "Julie, you had the courage to come here tonight."

What happens in two or six months, when you gain 20 to 50 pounds and are so big, you can't walk down those stairs and have the courage to get healthy?" I think I caught some flies with

how much my mouth was hanging open. How could I respond? Did he actually think I would say, "Oh Mike! I've seen the light and you're right! I better get a membership because I will be embarrassed to come here when I gain all that weight!" Get real!

Finally, I was able to interrupt his motivational jibber-jabber and ask, "How do I get out of here?"

Finally, I was able to interrupt his motivational jibber-jabber and ask, "How do I get out of here?" He pointed his finger and I led myself out to a dark and isolated back alley.

Wait - it gets better! When I got to my car the alarm had changed from a warning to an evacuation and fire trucks were at the building. I drove up to the kiosk to get out of the parking garage and found I had to enter in the fitness club's code or pay an insane \$5 to get out!

You can't imagine how close I was to smashing my car through that barrier! Luckily, I was able to back up before almost 30 cars lined up to exit the parking garage, because remember, the building was being evacuated!

In the end, I did manage to get out after a security guard entered the sacred fitness code that for some reason, (I wonder why), I didn't receive.

Since then, I have heard similar horror stories regarding fitness

clubs and their tactics to entice new members. Many friends have said they have joined a gym, stopped going after a month or two, and hated the fact that money is still being taken out of their accounts, which happened to me once.

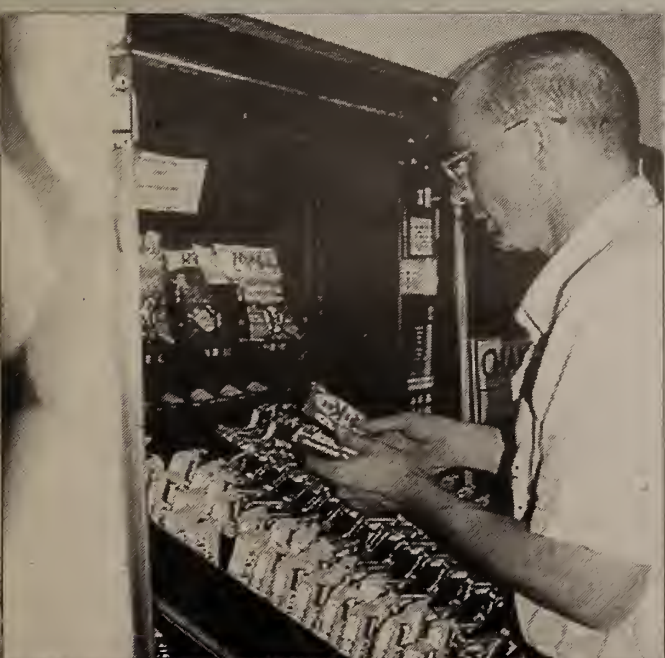
If the club is only receiving approximately \$30 a month from a member (regardless of whether you're going or not), they need that huge membership fee newcomers have to pay to survive and flourish, and they will go to any extremes to get new patrons.

However, I didn't expect such a low level of respect from Mike after I told him I was only interested in the tickets. I would even go as far as to call Mike's little "weight gaining" speech harassment.

I encourage you to tell your friends this story. I have told about 20 people what happened to me. It is a natural response to tell people of a bad experience, and from working in retail and dealing with consumers, I know that those 20 people will tell 10 of their friends and so on and so on. Let's just say none of my friends will be signing up for a membership there.

If I want to work out and regain a healthier lifestyle, I'll do it on my own in the comfort of my own privacy. I respect those who can go to a gym three times a week, but don't expect to see me there. After all, I'll be too big and too embarrassed to have the courage to go.

The candy man can



Dave Thaler, a distributor for Red Carpet, has a sweet job filling the vending machine on the second floor.
(Photo by Janine Toms)

Volunteers Required

Are you able to volunteer a few hours weekly during the school day?

The FRIENDS service at CMHA matches volunteers with children who need additional support in their school setting.

Please call 744-7645 x317

www.cmhawrb.on.ca

Your time is valuable

At the distress centre you can volunteer providing confidential supportive listening to individuals in distress. We provide complete training. Call today. 744-7645 x317

www.cmhawrb.on.ca

Hepatitis B and C information available

Volunteer students offer their knowledge to educate others on the diseases

By Stacey McCarthy

When I stopped by the hepatitis C information table set up in the school on Oct. 10 and 11, I came across a pamphlet about hepatitis B. To be honest, I was a little exasperated when I saw it. Having just gotten over the paranoia that I might contract hep C, I was unhappy to learn there was another virus looming over the student

population.

Two student volunteers who were helping at the information table, Isabelle LeBlanc and Stephanie Chadwick-Kressler, were only too happy to answer my numerous questions about hep B.

I was surprised and pleased at the amount of information available not only about hep B and C, but other illnesses students can be exposed to. The pamphlets were

well laid out and written so that I wasn't overwhelmed with numbers and facts.

I have both good news and bad news about hep B. The bad news is that it is transmitted by blood and body fluids so it's easier to contract. The good news is that there is a cure for hep B which is administered through a vaccine.

The trouble with hep B is that it's difficult to detect. The symptoms for hep B are: fatigue, abdominal pain, loss of appetite, nausea, vomiting, joint pain and jaundice (the yellowing of eyes and skin). However, according to Health Canada more than 30 per cent of those infected have no symptoms.

Here lies the hidden danger of hep B. You can contract and carry it without even knowing. If left untreated, hep B can cause liver disease and even death in extreme cases.

According to the Centre for Infectious Diseases, the number of new infections per year has declined from an average of 450,000 in the '80s to about 80,000 in 1999. The highest rate of contraction occurs in 20- to 49-year-olds.

Unfortunately that's the category where most college students fall.

To avoid contracting hep B:



Vivienne Winger, a registered practical nurse with St. Joseph's Hospital in Guelph and a Conestoga College student, prepares a hepatitis B immunization injection on Oct. 11.

(Photo by Sanja Glibota)

■ Make sure you've been vaccinated against the virus. That is the best protection against it.

■ Always use condoms when having sex.

■ Never share needles or personal care items like toothbrushes or razors.

■ Consider the risks if you're planning on getting a tattoo or piercing. A single exposure to body

fluids tainted with the virus is enough to contract it.

There is no need to be paranoid though. You can avoid hep B through safe hygienic practices and not sharing of materials that could be exposed to tainted blood and fluids.

For further information about hepatitis B go to the health and safety office.



Isabelle LeBlanc (left) and Stephanie Chadwick-Kressler volunteered their time to help run the information tables on hepatitis B and C Oct. 10 and 11.

(Photo by Stacey McCarthy)

United Way campaign in full swing

By Julianna Kerr

Conestoga College has kicked off this year's United Way campaign at Doon with a goal of \$35,000.

Alumni services officer Monica Himmelman is heading up Doon's United Way campaign, which raises funds in the Kitchener-Waterloo area for 50 agencies and 80 programs. A United Way board member for seven years, this is Himmelman's first year running the program at Conestoga.

"There has always been a campaign here," she said. "I fell into running this year's very naturally." Doon's campaign runs from Oct. 15 to 26.

Each of the school's more than 500 full-time employees should have received a pledge card and information package sometime last week. Himmelman said everyone should fill out the card regardless of whether they give or not.

"Just put it in the envelope and give it back," she said, "so we know everyone has had the opportunity to give."

Within the K-W area, every large organization is running a campaign sometime in the fall. The financial goal for the entire area is around \$5 million.

United Way raises funds for its own community. "And it's important to know," Himmelman said, "that all the funds stay in that community." United Way employees and volunteers entertain all kinds of requests for funds from non-profit agencies, she said. An organization requesting funds goes through a process to make sure it is legitimate. If approved, United Way would give that

organization funds on a one-time basis.

Himmelman said employees deciding to give may rest assured their donations will be confidential. Employees will even be made aware of some of the services that will be funded by their money.

"Instead of 50 agencies phoning you every night at dinnertime, none of them is going to call," she said. "You're giving your dollars and saying you trust the K-W United Way to do the screening and make sure there is no duplication of services."

Himmelman said running the

campaign is a huge undertaking. "I've had great support from my co-workers here. I could not have done this by myself." She said she is also grateful for the college community, which has been really good about donating prizes.

"We have various draws to encourage people to return their pledge cards and to get them in on time," she said.

Himmelman said being involved in the campaign is very rewarding. Agencies funded already this year in the K-W area include Big Brothers, Big Sisters and the Food Bank of Waterloo Region.



Alumni services officer Monica Himmelman stuffs information packages for this year's United Way campaign on campus. The campaign runs from Oct. 15 to 26.

(Photo by Julianna Kerr)



Items needed for the food drive include dry and canned goods such as cereal and soup. (Photo by Michelle Timmerman)

Food donations help the region's needy

By Michelle Timmerman

Approximately 53,000 individuals are living below the poverty line in the Kitchener-Waterloo region and another 12,000 children are supported by food hampers. Conestoga students are doing their share in supporting the community by participating in the Conestoga Residence and Conference Centre's annual food drive.

Items needed for the food drive this year include peanut butter, cold cereal, powdered milk, fruit juices, canned meats and fish, stews, macaroni and cheese, rice, dry pastas, tomato sauce, canned fruits and pork and beans.

"Basically, we are looking for whatever students can afford to give. If they don't have stew, donate an extra box of Kraft Dinner," said Teresa Perryman,

a resident adviser at the residence.

Currently the residence has collected four large boxes of food, which will be sent to The Food Bank of Waterloo.

"We are hoping to collect at least three or four more boxes," said Perryman.

The food bank collects donations for low-income families in the region. Low-income families include new Canadians, seniors living on fixed incomes and individuals with part-time jobs earning minimum wage with few or no benefits.

Students, faculty or employees who wish to donate to the food drive may drop off their donations at the residence or at the food bank's 50 Alpine Crt. Kitchener, location.

Another food drive will be held at the residence, prior to the Christmas season.

Moderate coffee intake is safe

However, studies about negative and positive effects of coffee often contradict

By Laurie Vandenhoff

Whether you like it double double, black or loaded with sugar there is no mistaking the intoxicating effects coffee can have on your mood.

The wonderful aroma and bitter taste have been around for centuries despite its reputation for causing everything from yellow teeth to ulcers.

According to legend, it was a goatherd named Kaldi from the Arabian peninsula who discovered coffee. He found his goats dancing around a dark green shrub with bright red cherries.

He ate the cherries and discovered they were the source of the goat's peculiar euphoria.

The stimulating effect was then exploited by monks at a local monastery to help them stay awake during extended hours of prayer. The idea was distributed to monasteries around the world.

"It keeps me awake and tastes good."

*John Seitz,
materials management student*

Today coffee is still used for similar purposes.

From the student trying to pull an all-night study session to the night-shift factory employee, coffee provides the extra kick that keeps people awake.

Students at Conestoga College should consider themselves lucky to have a coffee shop located on campus. Roasters is by Door 4, near the cafeteria, and offers several blends of coffee to perk up even the sleepest of students.

Linda Muise, a Roasters employee, says that French vanilla and the Columbian blend are the most popular choices.

The prices range from \$1.15 for a small cup to \$1.50 for large. Students consider this a small price to pay to get through an 8:30 a.m. class.

"It keeps me awake and tastes

good," said John Seitz, a materials management student.

There is also a Tim Hortons located on Homer Watson Boulevard, making it hard to miss on the drive to school.

A cup of coffee may be just what the average student needs. According to the Coffee Science Information Centre Web site, caffeine can increase the speed of rapid information processing by 10 per cent.

This becomes beneficial to students trying to stay awake and alert during class.

The Web site also claims coffee can reduce traffic accidents, decrease the formation of kidney stones, reduce risk of colon cancer and is a good dietary source of potassium.

However, evidence and studies pertaining to the negative side effects of coffee are also popular.

Coffee and caffeine are linked to certain cancers, high blood pressure, ulcers and heart disease.

The McKinley Health Centre Web site suggests that expectant mothers decrease their caffeine increase because it can lead to sleep disruptions and irritability in newborns that receive caffeine through their breast milk.

However, studies about coffee often contradict one another. Whether positive or negative, there is no real evidence when it comes to the effects of caffeine.

According to the Coffee Science Information Centre an "overwhelming bulk of evidence shows moderate coffee drinking is perfectly safe - and is in no way a health risk."

A React Health Web site suggested that despite the lack of negative evidence it is a good idea to keep intake below three cups of coffee a day.

The McKinley Health Centre offers a number of "caffeine-free" antidotes to lethargy and dull wits."

These include:
■ Getting a good night's sleep
■ Exercising: a brisk 10-minute



Kami Johnson (left to right), Mirela Craus and Christina Wygle, first-year nursing students, enjoy a cup of coffee outside Roasters.
(Photo by Laurie Vandenhoff)

walk to perk you up

■ Starting the day with monotonous, repetitive, boring tasks; saving active, demanding tasks for later when they'll keep you awake

■ Eating regular meals to provide consistent energy intake. These should include a good source of protein.

■ Avoiding alcohol

■ Taking a brief nap or rest

They also claim caffeine is habit-forming. When addicts give it up they may experience withdrawal symptoms 12-16 hours after their last dose. This includes

"drowsiness, headaches, lethargy, irritability, disinterest in work, depression, occasional nausea and vomiting."

The centre offers several suggestions for those attempting to overcome the habit.

These include:

■ Reduce your intake gradually to avoid headaches, coffee nerves and drowsiness.

■ Drink decaffeinated coffee or other drinks with less caffeine. Substitute coffee and teas with herbal teas, hot cider or hot water with lemon.

■ Limit your caffeine intake to two to four cups daily.

■ If your coffee drinking is associated with smoking cigarettes, stop smoking.

It will break the chain of events and make it easier to cut out coffee.

■ Ask people in your house or office to decrease their caffeine intake along with you.

■ Don't use caffeine to "sober up" after drinking alcohol. It does not reverse the intoxicating effects of alcohol or affect hangovers.

Popularity of youth gambling a concern

Some blame it on accessibility of casinos, sports betting and scratch and lottery tickets

By Marcy Cabral

Gambling has become increasingly popular amongst today's youth according to a recent article in the Toronto Star. The accessibility of casinos, scratch and lottery tickets, legal sports betting and Internet gambling are all being blamed.

Spoke went to students and asked them if they believed there is an increase in gambling among their

generation.

Second-year accounting student Shannon Lalak said, "Yes there has. People think it's easy money and it's not at all. It's a lose, lose situation basically. You always lose in the long run."

Grace Nemeti, a first-year business management student, agrees. "I think more young people have a lot more money and more freedom. It has a lot to do with their parents. They're getting the money



Nemeti

from them."

Business accounting student Sandra Schaefer doesn't see any problem in gambling and does it to have a good time. She also believes the increase in youth gambling can be attributed to younger people having more money to spend, but she warns that winning big is rare.

"It's not easy money. If you actually believe that you're going to make it



Schaefer

big gambling then you really shouldn't be gambling."

Second-year marketing student Evan Wendt doesn't

know why younger people are gambling but believes that there has definitely been an increase.

"Gambling is fun, and I've noticed younger people doing it." He added they're probably doing it for easy money, but "it's not at all (easy). I never gamble for a lot of money."



Wendt

Andrea Oros, a second-year nursing student, doesn't understand the popularity of youth gambling.

"I don't have that spark that people get, I would much rather take my money and spend it and get something. I've never had the desire, I would rather go out and socialize. But I have noticed a lot of young people frequenting casinos in support of them."



Oros

New Chinese restaurant is a Delight

By Daniel Roth

The newly opened Chinese Delight sports bar is a wonderful restaurant for anyone looking for something different to eat.

When you first enter the restaurant, located in the Kitchener West Centre, you can't help but notice the vibrant blue colour on the walls. It is accented by purple neon lights hanging from the ceiling.

Looking around the establishment you will discover you are not in a typical Canadian-style Chinese restaurant.

A cafeteria-style lunch buffet is set up against the wall next to the bar. Its glowing orange lights set it off against the blue walls.

There are two televisions hanging from the ceiling and a large projection screen television, adding a nice touch to the restaurant.

It helps that the large windows do not interfere with the picture on any of the televisions. If you don't like the TVs you can play an electronic casino-style game on the bar, which finishes the sports bar look.

At a quick glance the only hint of a Chinese restaurant is a small oriental-style picture hanging by the kitchen. The modern-looking tables and chairs are comfortable and clean. The set matches the atmosphere well.

After entering you will be quickly

escorted to your table where you will discover your placemat also serves as your beverage menu. The bar is well stocked and offers a variety of drinks. The downside to the bar menu is the lack of a price list.

The menu offers a wide variety of Chinese food. You can choose from a list of 135 dishes, 15 combination plates and six full-course dinners.

Dinner for two (b) included: Two egg rolls, sweet and sour chicken balls, chicken chow mein, chicken fried rice and fortune cookies.

The food came out of the kitchen fast and hot, with the server bringing the dishes out roughly one minute apart. The meal started with egg rolls, which had sufficient filling and were hot and tasty. However, they were a little small.

The chicken balls had lots of meat and had just the right amount of dough. They were swimming in a generous amount of sauce, which was enjoyed as it was not overly sweet.

The chicken fried rice was better than expected. It had lots of flavour and included well-seasoned bite-sized pieces of chicken.

The chicken chow mein was also a nice treat. It had lots of vegetables, all which were cooked just right. It was obvious it was made fresh.

Sweet and sour wontons were ordered as an appetizer and were well worth it. The wontons were



The Chinese Delight restaurant and sports bar is now open for business in the Kitchener West Centre on Homer Watson Boulevard. It is a great alternative to the other restaurants in the immediate area.

(Photo by Daniel Roth)

large and well cooked, and were not dry. They provided more than enough sauce.

The traditional fortune cookies were typical of all Chinese food establishments.

A dinner for two, plus drinks, appetizer and tip came to \$35. At first this seemed expensive but then again there is enough food in the dinner for two to serve six so there was lots left over.

The food reheated the next day tasted almost as good as it did when it was just made.

The Chinese Delight has lots to offer combining atmosphere with excellent food and service.

It was also very clean and offered a wide variety of places to sit for any number of people.

They only recommendation is a price guide for the bar menu.

The takeout menu includes incen-

tives such as a \$1 lottery ticket included with a \$20 food purchase. There is a coupon for free Honey Wonton Twists with orders over \$15.

The Chinese Delight is open from Monday to Saturday from 11 a.m. to 10 p.m. and on Sundays from noon to 8 p.m.

You can order from the restaurant in the Kitchener West Centre or from the other location in Highland Hills Mall.

What makes Survivor survive reality TV?

By Kathleen Deschamps

The show Survivor was responsible for starting the whole reality show craze. Millions of fans flocked to their television sets each week to see which member would get booted off. With so much in the news right now about our own survival, why do people still care about 16 strangers stuck in the middle of nowhere?

Mainly due to Survivor, shows such as Big Brother, The Mole and others have been put into production. Viewers have been thoroughly entertained watching what goes on in other people's lives, without having to sit through a cheesy script. Generally people cheer for the underdog. And the members of Survivor are all underdogs. None of them are rich. None have achieved fame before their turn on the show, and they have come in all shapes and sizes.

After the first episode, it seems

that the world is still intrigued by Survivor. The format is basically the same.

Sixteen people are dropped into the middle of nowhere and forced to survive the elements. Each week the viewers get to see the goings-on of their life in the jungle, as well as some challenges.

In the first episode alliances were already forming, and people were being sneaky.

The Internet predicts Ethan, the hunky soccer player, to be the ultimate champion. But as we all know, the strongest players usually end up a target.

This is what makes Survivor so clever. It's unpredictable. No one knows what is going to happen. Just like the real world. And maybe that is just what makes Survivor so enjoyable to watch. People like to escape from their problems, and watching other people's misery usually does just that. Hey, home-



Survivor Africa is the third instalment of the popular reality-based television show.

(Internet photo)

work may be due and anthrax may be close by, but Clarence just ate two cherries!

Survivor also helps people to bond. Parents and teens who may scream and yell at each other during the week can sit down in front of the set and scream at their least

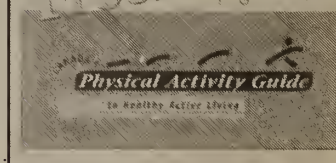
favourite tribe member. Bars around the country are making a tidy profit hosting Survivor nights.

The networks can never guess which shows will prosper on television, but Survivor manages to stand tall, and probably will until they run out of continents.

Physical Activity
How much?
How often?

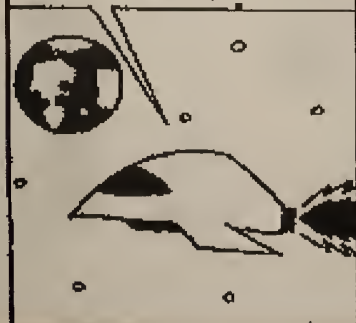


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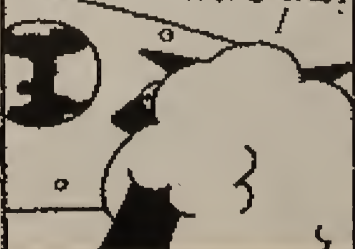


WOOLEY by Marc Hulet

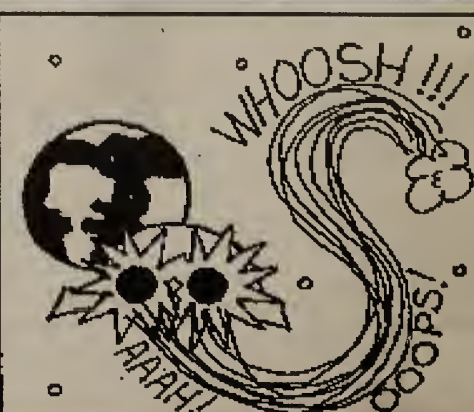
WHERE IN KROYNAR'S
NAME AM I?



THAT LOOKS LIKE AN
INTERESTING PLACE
AND THE COMPUTER'S
SHOWING LIFE SIGNS!



I GUESS I'LL JUST
EASE THE SHIP
DOWN FOR A CLOSER
LOOK...



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Fate leads to comedy in movie romance

By Lisa Hiller

Do you enjoy a wonderful night with a perfect stranger and then just leave it to chance? That is the question - facing Jonathan Trager and Sara Thomas one night in the winter of 1990.

John Cusack. (Being John Malkovich, American Sweethearts) and Kate Beckinsale (Pearl Harbour), star in this romantic comedy about two people apparently destined for each other after they grab the last pair of black cashmere gloves at Bloomingdale's.

Jonathan assures Sara that she should take the gloves.

The two then go for dessert at a restaurant conveniently called Serendipity.

Sara and Jonathan decide to bring the night to an end, but they are both on their way home and realize they've forgotten a personal item, Sara's purchase from Bloomingdale's and Jonathan's scarf.

They leave the restaurant together for the second time having

decided to do something together for the evening.

They end up at an ice rink in Central Park trying to get to know each other. Sara's been on skates before. Jonathan is shaky.

Questions about his favourite movie and New York moment produce solid answers, but Jonathan changes the subject when Sara asks him what his favourite sexual position is.

It's obvious an instant attraction has occurred; yet both are involved with someone else.

Serendipity is a movie anyone who has ever been in love will enjoy. Go see it with a friend or a significant other.

When Sara's phone number disappears in the wind and snow, she takes it as fate saying she and Jonathan shouldn't be together.

Fate again steps in when they pick the same elevator floor to get off at the Waldorf Astoria hotel, but

Jonathan's elevator gets stopped by several people wanting different floors. Sara leaves before he can get to floor 23.

Fast-forward a few years. Sara and Jonathan are engaged and living in different parts of the country - he is in New York, and she is in San Francisco.

Will Jonathan find Sara's name and phone number in an old book? Will Sara come across the \$5 bill with Jonathan's name and number?

Serendipity is not only a fine romance, but also a good comedy. Molly Shannon (Very Bad Things, Superstar) and especially Jeremy Piven (The Family Man), are hilarious as friends to Sara and Jonathan.

Eugene Levy (American Pie 2, Best In Show), who plays the Bloomingdale's clerk unwilling to help in Jonathan's search for Sara, is at his best.

Serendipity is a movie anyone who has ever been in love will enjoy. Go see it with a friend or a significant other. Whoever you choose will enjoy the romance and the laughs.



John Cusack's and Kate Beckinsale's paths continuously cross in the romantic comedy, Serendipity. (Internet photo)

HOROSCOPE

By Daniel Roth

Horoscopes for the week of October 22 - 28, 2001

Happy Birthday Libras and Scorpios!

Someone may have a surprise in-store for you. Expect the unexpected on your special day. A close friend in your life will make your day extra special.

T Aries: March 21 - April 19

When working on projects you must maintain a high level of effort and concentration in the beginning in order for the project to succeed.

Luckiest day: October 28.

♉ Taurus: April 20 - May 20

Nothing is quite what it seems right now. Do not rely on factual information, but rely on your intuition. No big changes are coming your way for awhile.

Luckiest day: October 26.

♊ Gemini: May 21 - June 21

A long overdue time of joy is coming into your life. You may hear of good news from a close friend. Luck and love are barging into your life, brace yourself.

Luckiest day: October 22.

♋ Cancer: June 22 - July 22

Your intuition is guiding you in the right direction. If you ignore it you will be lost. A friend may challenge your trust.

Luckiest day: October 28.

♌ Leo: July 22 - August 22

Your dreams may be a little unusual this week. If you record them you may be able to make sense of them when you're awake.

Luckiest day: October 27.

♍ Virgo: August 23 - September 22

A long awaited time of renewal is coming for you. If you

have been more stressed than normal, take some time for yourself to recover.

Luckiest day: October 28.

♎ Libra: September 23 - October 22

Your goals may start to become reality if you approach them realistically. Don't be negative to yourself, otherwise your dreams may never manifest.

Luckiest day: October 28.

♏ Scorpio: October 23 - November 21

Pursue that special someone you have had your eye on. They are probably just as interested in you as you are in them.

Luckiest day: October 26.

♐ Sagittarius: November 22 - December 21

Financial improvements are coming your way. Don't be foolish with any extra money that enters your bank account. Spend wisely.

Luckiest day: October 25.

♑ Capricorn: December 22 - January 19

Your life will be filled with happiness this week. All your close friends and family will benefit from your sunny disposition.

Luckiest day: October 28.

♒ Aquarius: January 20 - February 18

You will be very active this week. Be careful not to overexert yourself. Distance yourself from anyone who is being negative.

Luckiest day: October 24.

♓ Pisces: February 19 - March 20

Some extra money will ease your stress and will provide you with some new possessions. You may want to budget for the future though.

Luckiest day: October 22.

Daniel Roth is a second-year journalism student and has studied astrology and other clairvoyant issues for three years.

COUNSELLOR'S CORNER: Test Anxiety

Most students experience some anxiety before tests. In fact, a little anxiety increases your alertness and can actually enhance your performance. Anxiety however, can cross the line from being a positive energy to becoming a distressing drain. Often such anxiety has a strong worry component. Do any of these thoughts sound familiar?

Worry about performance:

- I should have studied more.
- I can't remember a thing; this always happens to me.
- My mind goes blank...I'm not cut out for this.
- I have to get an "A".
- I'm going to mess up and look stupid.

Worry about what others are doing:

- Everyone seems to know this stuff but me.
- No one else looks like such a wreck---what a loser!
- Everyone's finished but me---I must be dumb.

Worry about negative consequences:

- What if I fail; I'll fail the course, the program...I'll never make anything of myself!
- I'll never get the job I want.
- I'll never be able to handle college studies.
- I'll have to ace everything else in the course---how can I do that?

Worry about bodily reactions:

- I feel sick---I'll never get through this.
- I'm sweating all over.
- Here it comes again. My hands are shaking; my head aches. Normal people don't do this.
- I feel like I'm going to get sick. Maybe I should leave.

Any of the above worries increase anxiety and actually perpetuate more worry and gives one the sense of losing control. However, as much as anxiety feels out of control, it is in fact, something that we can learn to overcome. There are many effective strategies we can use which will help us reduce our negative thought patterns, reduce the physiological anxiety response, and develop more effective behaviors to avoid falling into the anxiety cycle.

What can you do? There are many things that you can do to overcome your battle with test anxiety. Here are a few on-campus resources:

- Make an appointment with a counsellor in Student Services (2B02) to learn some effective test anxiety reduction strategies;
- Join a Test Anxiety group (check Spoke or visit Student Services to find the next available group);
- Join a Relaxation group for help with the physiological symptoms (check Spoke or visit Student Services to find the next available group);
- Read Edmund Bourne's Anxiety and Phobia Workbook in the LRC.;
- Sign up for the Anxiety and Personal Performance Elective (Test Anxiety option) in Student Services.

A Message from Student Services (Room 2B02).

Ultimate Questions

Bible study by correspondence. For a free copy of the course please send name and address to: Bible study, Zion United Reformed Church, 1238 Main St. Gen. del, Sheffield, Ont. L0R 1Z0 or e-mail bible@zurch.on.ca Visit our Web site: www.zurch.on.ca

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www.conestogac.on.ca/spoke

Jane's concert a good Addiction

By Janine Toms

Sitting in the aftermath of a weekend party I turn to my friend and say, "We've loved Jane's Addiction since we were 15, why aren't we going to their show?"

I have always vowed that if the band Jane's Addiction were to play anywhere nearby that I would go to see them. Given the band's split in the early '90s, the prospect of this happening has not been very likely, until recently when I heard they were performing in Toronto on Oct. 6 at the Air Canada Centre.

Without tickets and less than one week until the show, the possibility of us going seemed unlikely. "So, we'll go to Toronto at five that evening and pay 100 bucks to a scalper then," suggested my friend. It seemed like a sound answer to our dilemma at the time.

Better still, with a few well-placed mouse clicks and a credit card number, our little ticket problem was solved and we were on our way!

On concert night we drove to Toronto in my mom's car without her permission (rest assured she'd never read this.) With only slight delays not worth mentioning we arrived at the Air Canada Centre.

We showed up in time to catch

the last half of the opening act, the band Live. Singer Edward Kowalczyk was dressed in a black suit and contrasting white tie. On stage, a couch and lamp was set against a snakeskin backdrop.

It was immediately evident that the band had created a warm atmosphere, which was reflected by the quiet attentiveness of the audience.

A fan would not be disappointed by Live's set which was comprised of the singles from their five existing albums, songs like Lakini's Juice and the ballad Lightening Crashes.

The crowd, adequately warmed up by the opening act, was ready for the headlining act to take the stage.

At 9:20 p.m. Jane's Addiction filled the stage. Singer Perry Farrell came out draped in a parachute from the waist down, which writhed and moved like a living platform beneath him.

As the opening song progressed, the magic of the dancing parachute revealed itself in the form of four scantily-clad women as they catapulted Farrell above their heads.

Throughout their set these young S&M vixens became a show all their own. I found them a bit distracting. My male friend, however,



Members of Jane's Addiction include (from left) Dave Navarro, Perry Farrell, Eric Avery and Steve Perkins. They played at the Air Canada Centre in Toronto on Oct. 6 with the band Live as the opening act.

(Internet photo)

had warmed up to the girls' redeeming talents, which was mostly dancing wearing little more than a smile.

The ladies aside, the band's set flowed seamlessly for the next two hours, performing much of their earlier music.

One highlight was the song Trip Away where bassist, guitarist and drummer stood centre stage bang-

ing on tribal drums to Farrell's crooning vocals.

The only criticism I can offer is that Farrell, likely caught up in the music around him, showed some difficulty in staying on the microphone, making it difficult at times to hear his voice.

During their set, a makeshift stage emerged from the opposite end of the arena floor. There the

band played an acoustic set of songs such as Jane Says and solo project songs by both Farrell and guitarist Dave Navarro.

Their set ended with Farrell's bow to the audience and a synthesizer player throwing out some transient beats for us to exit with.

Leaving with a \$5 scalper tee in hand, I was completely satisfied by my intake of music for the evening.

Blue Jays clean house, dump Ash and Gaston

By Marc Hulet

The Blue Jays made a splash recently but it wasn't because they had a great season or they were preparing for a playoff berth — far from it.

The Blue Jays have slowly begun to dismantle the men responsible for putting together the Jays that we have come to know and be frustrated by.

Recently general manager Gord Ash — the man responsible for all the trades and free agents signings — was fired.

This was not a bad idea, although Ash must be given some credit.

He engineered some important player acquisitions in the past seven years.

We have Ash to thank for Jose Cruz, Roger Clemens and bullpen saviour Paul Quantrill.

We have Ash to blame for Erik Hanson, Randy Myers and Joey Hamilton.

Ash's trading record is about even. He has engineered some good trades — getting Batista and his potent bat for next-to-nothing. And he was smart enough to dump Batista and his huge salary when the pitchers found holes in his swing.

Ash got rid of Shawn Green, Roger Clemens and David Wells — all who demanded to be traded, tying Ash's hands and limiting his ability to swing a deal.

We all know how the Wells deal turned out. Mike Sirota — the key to the deal — was injured and lost for the 2001 season. Wells went down for the second half of the season for the White Sox with his reoccurring back problems.

The truth is that Ash didn't really do anything wrong. He just didn't

do anything right either.

The Jays have also sacked longtime Blue Jay coach and former manager Cito Gaston.

Gaston is perhaps the one man who has done the most for the Toronto organization. He led them to the World Series crown in 1992 and 1993. He helped some of the greatest hitters in the league develop when they were with the Jays — Robert Alomar, John Olerud and Green.

Many players on the current Jays team are huge Gaston fans. He has helped them all become better players. Carlos Delgado, Alex Gonzalez and Cruz are among those who credit Gaston with their success.

The Jays have repaid Gaston for his years of service by firing him not once but twice.

Gaston has been offered another job within the organization but it is unlikely that he will accept.

That said, it is obvious that there are too many Jays swinging for the fences this year and they were unable to execute the fundamentals — such as bunting or advancing the runner.

But that has more to do with the players offered to Gaston to work with. It is impossible to ask Raul Mondesi, Delgado or Batista to suddenly learn how to bunt after years of hitting home runs.

It is up to the general manager and his crew to engineer a team that has players with many different abilities and skills to offer throughout a game. Unfortunately Gaston fell victim to coaching a team full of one-dimensional sluggers.

For now, first-year manager Buck Martinez's job is safe. He has done an admirable job with what he had to work with. One must also consider that he had no previous man-

aging or coaching experience. The front office would be foolish to expect a playoff run by a team managed by a rookie. Martinez's one weakness was his use of the pitching staff. He constantly wore down the bullpen all year — specifically overworking Quantrill and impressive rookie Bob File.

That was also, in part, due to the starting pitchers ineffectiveness in the first half of the season.

The firing of Gaston does raise a red flag though. Martinez considered Gaston a valuable tool on the bench. Martinez would often bounce ideas off Gaston and seek advice from him.

So by firing Martinez's right-hand man, the Jays are no doubt sending a message to the rookie manager and fans that, as they prepare for the 2002 season, no one is safe.

Got something to say?

Do you have a beef?

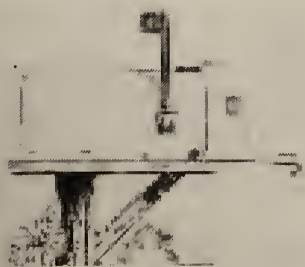
Spoke wants to hear from you. Write a letter to the editor.

Letters to the editor must be received by Tuesday at noon for the following issue.

Letters can be e-mailed to spoke@conestogac.on.ca, dropped off at the Spoke newsroom at 4B14, or mailed (see address at bottom of page 4).

Please include your full name, address and phone number.

Anonymous letters will not be printed.



Condors slide by to win against Huskies

By Vanessa Laye

Conestoga's men's soccer team got their third win of the season, defeating the George Brown Huskies 4-3, Oct. 9.

Despite having only 12 of 21 players at the game,

Geoff Johnstone, coach of the Condors, said overall the team played a strong game and he was pleased with their performance. Of the 12 players, 10 of them are Johnstone's normal starting players.

He added that the lack of players is due to the team's concentration on schoolwork.

With six rookies and six veteran players Conestoga dominated the game through communicated passing and by attacking the ball. Bojan Djokovic scored the first goal for Conestoga, but George Brown quickly made a comeback to tie the game.

The Condors were always one step ahead; scoring to bring them up by one goal, said Johnstone.

In the second half of the game, with the score tied 3-3 Johnstone decided to change the line to create a scoring opportunity.

"I was trying to rearrange the team in order to win and in the process of

"We were strong going forward and passing from the back, but the marking was not as tight as I would like it."

*Geoff Johnstone,
Condors coach*

doing that, we got a goal," he said.

Johnstone moved Ilias Tsatsas from his wing position into the middle until he could substitute the players for his winning play into the game.

But Tsatsas came through to score the winning goal off a controlled pass from left-winger Matt McHugh, which he pounded into the far right-hand corner of the Huskies' net.

Johnstone said the score should have been 4-1 for Conestoga. "One of the basic problems was that the defence was a bit wobbly," he said. "We were strong going forward and passing from the back, but the marking was not as tight as I would like it." He added, "They were weak in organization at the back."

Scoring for Conestoga were Tsatsas with one, Allan Ma with

one, and Djokovic with two. Djokovic has scored 12 goals for the Condors this season. Johnstone said Djokovic has the sense of where to be and when at the right time.

"He picks the holes, and follows through," he said.

The best performance of the game went to Tsatsas, who Johnstone said created most of the team's scoring chances.

"With three wins in a row, hopefully we can have six wins to make the playoffs," said Johnstone. Playoffs will be held Oct. 26 and 27 at St. Clair College in Windsor.

Oh the selection



An endless array of paper lines the shelves of the print shop at the college. The print shop has more than 25 different colours of paper available and uses 7 1/2 million sheets a year.

(Photo by Julie Graham)

Stress release



Mechanical engineering graduate Kwok Leung practises in the weight room on Oct. 14.

(Photo by Jody Andruszkiewicz)

First-round playoffs take a swing

By Mike Sperling

Some games are exciting and some are not.

Major League Baseball kicked off its playoffs but only about half of the series has been worth watching.

The Atlanta Braves took the Houston Astros in three straight games for a first-round series win.

The Astros had the edge on them during regular season play after the All-Star break.

The Braves had main control during this series hitting a .303 batting average compared to the Astros' .200. Atlanta had more than double the runs in the series and double the homers.

The Braves are looking strong off the start but cannot let the sweep affect their playing abilities if they plan on taking the World Series title.

With a strong and impressive regular season behind them, the Seattle Mariners showed their strengths and weaknesses during their first-round series against the Cleveland Indians.

However, some people changed their minds after Game 3 when the Mariners lost 17-2 because the Mariners had not lost that badly throughout the regular season.

Cleveland had only won two of seven games in the regular season since the All-Star break and was 25 games behind Seattle going into this series.

Seattle even held the No. 1 spots in Major League statistics including the lowest ERA, most hits and lowest runs allowed.

The St. Louis Cardinals and Arizona Diamondbacks played a much closer series. The Cardinals won more games at home than on the road during regular season play while the D-backs played better on the road than at home.

Regular season records were close too. With the Cardinals' 93-69 record and the D-backs' record of 92-70, a one-game difference explained why their other statistics were close.

The D-backs ranked fourth for ERA during the regular season with 3.87 and the Cardinals' ranked fifth with 3.93.

The fourth series, between the New York Yankees and the Oakland Athletics, was a close one too. The A's won only seven more games than the Yankees during regular season play.

Oakland also had a better batting average, more runs, hits and homers in the first four games of the series.

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